



## Free Your Body w/Yoga

Dharma Seeds Yoga ~ LGBTQ+ focused, Trauma-Informed, Accessible, Ability Injury Minded

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Yoga is like a warm hug for your mind  
and body



by [Deva Hardeep Singh](#) | [Dharma Seeds Yoga Press](#) | 28 May 2023

[Yoga is like a warm hug for your mind and body](#)

# Introduction

Yoga is a mind and body practice with a **5,000-year history** in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing exercises, and meditation or relaxation.

Yoga is increasingly popular in the Western world as a way to improve physical and mental health. Research suggests that yoga can help reduce stress, anxiety, and depression, and improve sleep quality, cognitive function, and pain management.



## How Yoga Helps Mental Health

There are a number of ways in which yoga can help improve mental health.

- **Reduces stress**

Yoga can help reduce stress by increasing relaxation and decreasing the production of stress hormones. One study found that yoga was as effective as relaxation therapy in reducing stress levels in people with anxiety disorders.

- **Improves mood**

Yoga can also help improve mood by increasing the production of feel-good hormones such as serotonin and dopamine. One study found that yoga was as effective as cognitive-behavioral therapy in reducing symptoms of depression.

- **Improves sleep**

Yoga can also help improve sleep quality by reducing stress and anxiety and promoting relaxation. One study found that yoga was effective in improving sleep quality in people with insomnia.

- **Improves cognitive function**

Yoga can also help improve cognitive function by increasing focus and concentration, and reducing fatigue. One study found that yoga was effective in improving cognitive function in older adults.

- **Improves pain management**

Yoga can also help improve pain management by increasing flexibility and strength, and reducing inflammation. One study found that yoga was effective in reducing pain in people with chronic pain conditions.

## Types of Yoga

**There are many different types of yoga, each with its own focus and benefits. Some of the most common types of yoga include:**

- **Hatha yoga** is a general term for any type of yoga that focuses on physical postures. Hatha yoga is a good choice for beginners and people who want to improve their physical fitness.
- **Vinyasa yoga** is a type of hatha yoga that links breath with movement. Vinyasa yoga is a good choice for people who want to challenge themselves physically and mentally.
- **Iyengar yoga** is a type of hatha yoga that focuses on precision and alignment. Iyengar yoga is a good choice for people who want to improve their flexibility and strength.
- **Ashtanga yoga** is a vigorous type of vinyasa yoga that follows a set sequence of postures. Ashtanga yoga is a good choice for people who are looking for a challenging workout.
- **Bikram yoga** is a type of hot yoga that is practiced in a room heated to 105 degrees Fahrenheit. Bikram yoga is a good choice for people who want to improve their cardiovascular fitness.



## Finding a Yoga Class

If you are interested in trying yoga, there are a few things you can do to find a class that is right for you.

- **Talk to your doctor.** If you have any health concerns, talk to your doctor before starting yoga.
- **Do some research.** There are many different types of yoga, so it is important to do some research to find a class that is right for you.
- **Ask around.** Talk to your friends, family, and co-workers to see if they know of any good yoga classes.
- **Try a few different classes.** Once you have found a few classes that you are interested in, try them out to see which one you like best.

## Conclusion

Yoga is a safe and effective way to improve mental health. If you are looking for a way to reduce stress, improve your mood, improve your sleep, improve your cognitive function, or improve your pain management, yoga may be a good option for you.

Here are some additional tips for getting the most out of your yoga practice:

- **Find a class that is right for you.** There are many different types of yoga, so it is important to find a class that is appropriate for your fitness level and interests.
- **Start slowly.** If you are new to yoga, start with a beginner's class. As you get more comfortable, you can move on to more advanced classes.
- **Listen to your body.** Yoga is a gentle practice, so it is important to listen to your body and not push yourself too hard.
- **Be consistent.** The more you practice yoga, the more benefits you will experience. Aim to practice yoga at least twice a week.
- **Enjoy yourself.** Yoga is a great way to relax and de-stress. Soak up the benefits of your practice and have fun!





## Mindfulness Quotes

There are many mindfulness quotes that can inspire and motivate us to practice mindfulness. Here are a few of my favorites:

**“The mind is everything. What you think, you become.”** – Buddha

**“The present moment is filled with joy and happiness. If you are attentive, you will see it.”** – Thich Nhat Hanh



**“Mindfulness is the key to living in the present moment and enjoying life.” –**

Jon Kabat-Zinn

**“Mindfulness is the art of paying attention to the present moment without judgment.” – Sharon Salzberg**

**“Mindfulness is the awareness that arises from paying attention on purpose, in the present moment, and non-judgmentally.” – Jon Kabat-Zinn**

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## Mindful Morning Routine

1.5 minutes of Gratitude

2.15 minutes of Mindful  
Meditation

minutes of Exercise or Yoga

20 minutes of Reading

minutes of Journaling

# Mindful Night Routine

1. Dim the lights

2. Avoid Screen time

Body scan meditation

Get in bed and focus on your  
breath

Don't force sleep

## How to Practice Mindfulness

There are many different ways to practice mindfulness. Here are a few simple tips:

**Find a quiet place where you won't be disturbed.**

**Sit comfortably with your back straight.**

**Close your eyes and focus on your breath.**

**Notice the sensations of your breath as it enters and leaves your body.**

**Don't judge your breath or try to change it. Just observe it.**

**If your mind wanders, gently bring it back to your breath.**

**Continue for 5-10 minutes or longer.**

## **Benefits of Mindfulness**

As mentioned earlier, there are many benefits to mindfulness. Here are a few of the most well-known benefits:

**Reduced stress and anxiety**

**Improved focus and concentration**

**Increased self-awareness**

**Developed compassion for ourselves and others**

**Lived more in the present moment**

## **Conclusion**

Mindfulness is a powerful practice that can have a profound impact on our lives. If you are looking for a way to reduce stress, improve your focus, increase your self-awareness, deve

# Mindful Yoga Sequence



**Child's Pose**

1



**Downward Dog**

2



**Mountain Pose**

3



**Forward Fold**

4



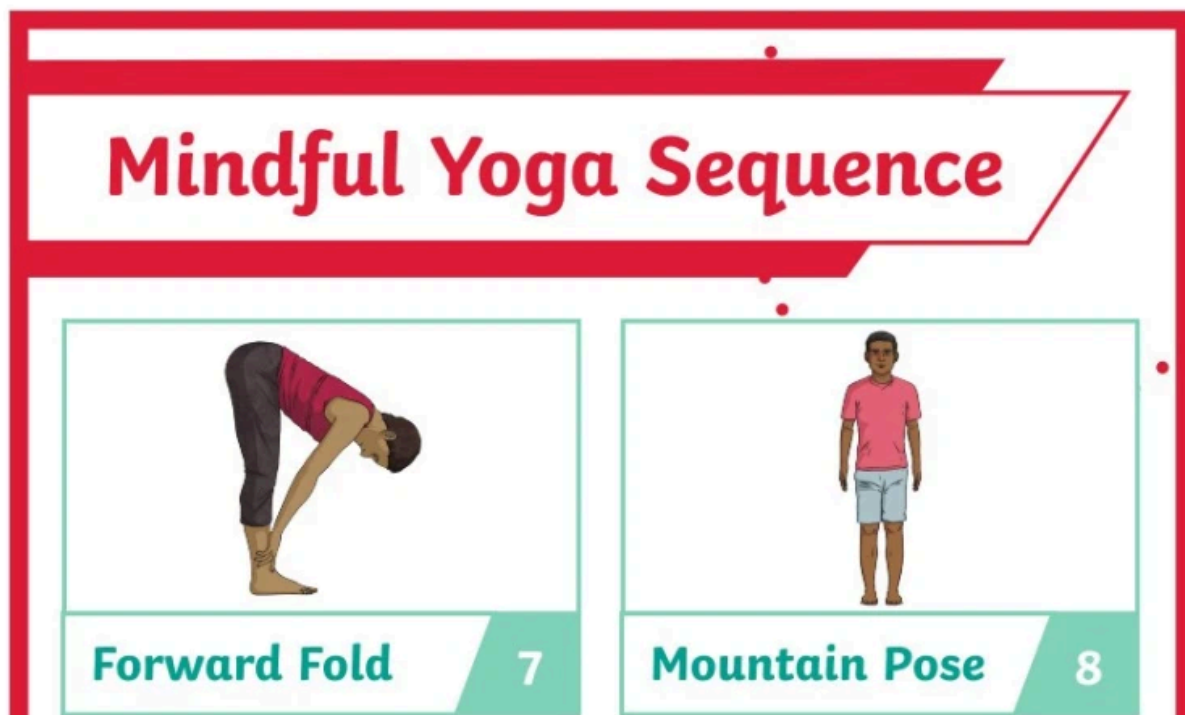
**Cobra**

5



**Downward Dog**

6



## Resources

### Resources

Articles About Yoga and Mood Integrating Yoga and Meditation With Anxiety Treatment, Social Work Today Magazine, June 2013 Amy Weintraub: Reconnection to the Self as Whole and Healed, Yoga Teacher ... Continue reading



Yoga for Depression

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### Latest Research

There are many studies that suggest the efficacy of yoga-based approaches for the treatment of mood disorders and PTSD. The list below includes a few we feel are important. These ... Continue reading



Yoga for Depression

1

# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

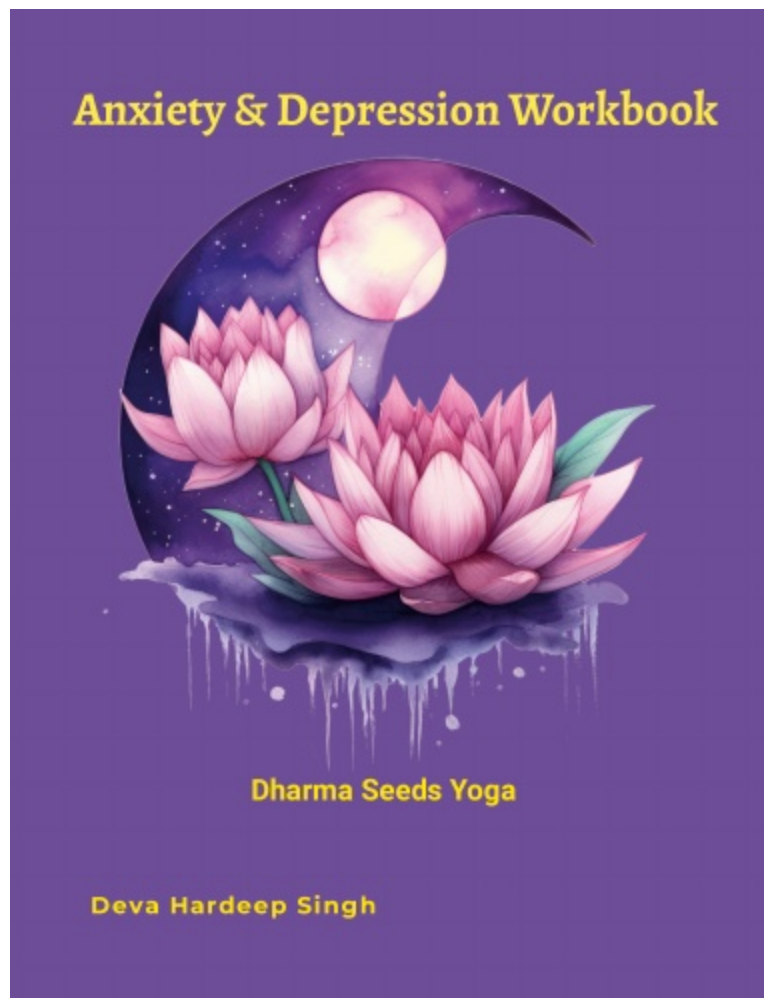
6

Take about five minutes for this exercise.

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**Anxiety & Depression Workbook ~ Dharma Seeds Yoga** The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way people think and use yoga for healing. The book focuses and provides readers with exercises and worksheets to help them identify and challenge their negative thoughts and beliefs. The book provides readers with additional resources and information on how to get help for anxiety and depression. The Anxiety and Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your condition, and provide you with tools and techniques to help you manage your symptoms.





**Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury)** is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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